



The Clean Campbell Courier

A publication of the Campbell County Litter & Environmental Commission

Fall 2015

Special points of interest:

- Reduce, Reuse, Recycle, Dispose
- Craft Time
- Let's Cook
- Word Find
- Energy Savings

Compact Fluorescent Light Bulbs

Why Switch?

If you haven't already converted the lights in your home from traditional incandescent bulbs to Compact Fluorescents (CFL), you may want to after reading this. Consider the following benefits:

CFLs are four times more efficient and last up to 10 times longer than incandescents, even though CFL's cost a bit more at first, you save money in the long run.

Replacing a single incandescent bulb with a CFL will keep a half-ton of CO₂ out of the atmosphere over the life of the bulb, thereby reducing pollution.

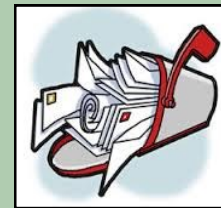
According to the U.S. EPA, if every home in America replaced just one incandescent light bulb with an Energy Star CFL, it would save enough energy to light more than 3 million homes and prevent greenhouse gas emissions equivalent to those of more than 800,000 cars annually.

Recycling & Disposal Information

The Region 2000 Services Authority accepts CFL's at their household hazardous waste collections. CFL's contain a small amount of mercury, about 5 milligrams, roughly the size of the tip of a ball-point pen, therefore the US EPA recommends taking it to a local household hazardous waste collection. In Region 2000, these collections take place on the 1st Saturday in the months of April, June and October at 2525 Concord Turnpike from 8 AM until 12 Noon. Please call 455-6086 for more information.



How can I stop junk mail?



• Reduce mail order sales companies from sending you junk mail

Contact the Direct Marketing Association and request your name be added to their suppression list (this should reduce junk mail from these sources by about 75%)

- Direct Marketing Association
Preference Service
PO Box 9008
Farmingdale, NY 11736
Phone (212) 768-7277

- Reduce junk mail from unsolicited credit and insurance offers: Call either one of the following companies: Equifax, (888) 567-8688 or TransUnion, (800) 680-7293

- Write or call the company soliciting you directly: Request that your name be removed from any list they use or share.

Reduce * Reuse * Recycle * Dispose

The Solid Waste Management Hierarchy, called the 3 R's, identifies preferred ways for managing waste to avoid harmful impacts to human health and the environment, and conserve natural resources and energy. The hierarchy favors: 1) Waste Reduction - generating less waste by making different purchasing decisions or engaging in other behaviors that utilize resources differently like purchasing items in bulk or using a mulching mower instead of bagging grass clippings; 2) Reuse - Donating or finding an alternative use for an item; 3) Recycling - a process which reclaims materials used to make items so that they can be used to manufacture new products, and; 4) Disposal - The final option for managing waste; disposal can mean placing waste in a regulated landfill or waste-to-energy facility (incinerator).

You can manage unwanted household generated items in the most environmentally responsible manner possible, utilizing the 3 R's. Whether you have regular household trash, good but unwanted furniture, or an old car bumper.

When disposing of an item, first decide whether or not the item has value. If it can be reused in its current form, consider selling the item on consignment or donating it to a thrift store or local charity. If the item is no longer suitable for use, consider what it is made of, and if it can be reused for another purpose or recycled. For instance, plastic grocery sacks can be used to line waste paper baskets. Metal items, like bicycles, old metal sinks and car parts have value as "scrap metal" which can be recycled.

Organizations listed in the yellow pages and online accept a wide variety of household items for reuse. When donating, make sure your items are clean and in *very good* condition. Always call to make sure your items can be accepted and ask about acceptance guidelines and hours of operation before making a trip. Never "donate" trash - this constitutes illegal dumping.



It's Craft Time!

From favecrafts

Ornaments made out of recycled materials are the best: they're clever, thrifty, and eco friendly! You can make this canning jar lid ornament out of the contents of your recycling bin. Make your own ornaments easily! Save those slightly bent canning lids!



Materials:

No-Prep Metal Paint

- DMP01 - Bright White
- DMP11 - Real Red
- DMP24 - True Green
- DMP34 - Bright Gold
- Foam plate
- 1/2" flat brush
- #8 shader brush
- #6 flat brush
- Liner brush
- Regular mouth metal canning jar lid

Instructions:

Note: Let dry after each step.

1. Use large flat brush and Real Red to paint jar lid.
2. Use shader brush and Bright Gold to paint stripe across center of lid.
3. Use shader brush and True Green to paint stripe above and below gold stripe.
4. Use #6 flat brush and Bright White to paint dashed line between Bright Gold and True Green stripes.
5. Use end of brush handle dipped in True Green to dot across Bright Gold stripe.
6. Use end of paintbrush handle dipped in Bright White to paint row of dots across top and bottom of lid.
7. Use liner brush and Bright Gold to paint line centered over True Green stripes.
8. Finish item as desired to create ornament, gift tag, pin, or magnet:
9. Pin: attach self-adhesive pin back to upper center at back of completed lid;
10. Magnet: attach 1" piece of self-adhesive magnetic strip to back center of completed lid; Ornament or gift tag: form loop from 10" length of 3/8" wide ribbon and glue between ribbon ends, aligning edges; glue ends to upper center back of lid.

Helpful Hint: We used a new lid with silver finish and minimal lettering. Using lids with printing or colors may require basecoat of Bright White.

Let's Cook



3-Minute Fudge



Ingredients

- 1 can Sweetened Condensed milk (14 ounces)
- 2 cups (1 12 ounce bag) semi-sweet chocolate chips
- 1 teaspoon vanilla extract

Instructions

1. Butter a square pan and line with parchment paper for easy removal of set fudge. Set aside.
2. In a microwave safe 2 quart bowl, heat chocolate chips and sweetened condensed milk, on high for 1 minute. Remove from microwave. Let sit for 1 minute, then stir to combine. If needed, heat an additional 30 seconds. Stir until chips are completely melted and chocolate is smooth.
3. Stir in vanilla extract. Pour fudge into prepared pan. Let fudge cool completely before cutting into 1 inch squares. (you can place in the refrigerator for 1 hour to speed up the process.)
4. Store in an airtight container. Fudge does not need to be kept refrigerated.



No Cook Coconut Pie Recipe

TOTAL TIME: Prep/Total Time: 15 min.

Ingredients

- 2 packages (3.4 ounces *each*) instant vanilla pudding mix
- 2-3/4 cups cold 2% milk
- 1 teaspoon coconut extract
- 1 carton (8 ounces) frozen whipped topping, thawed
- 1/2 cup flaked coconut
- 1 graham cracker crust (9 inches)
- Toasted coconut



Directions

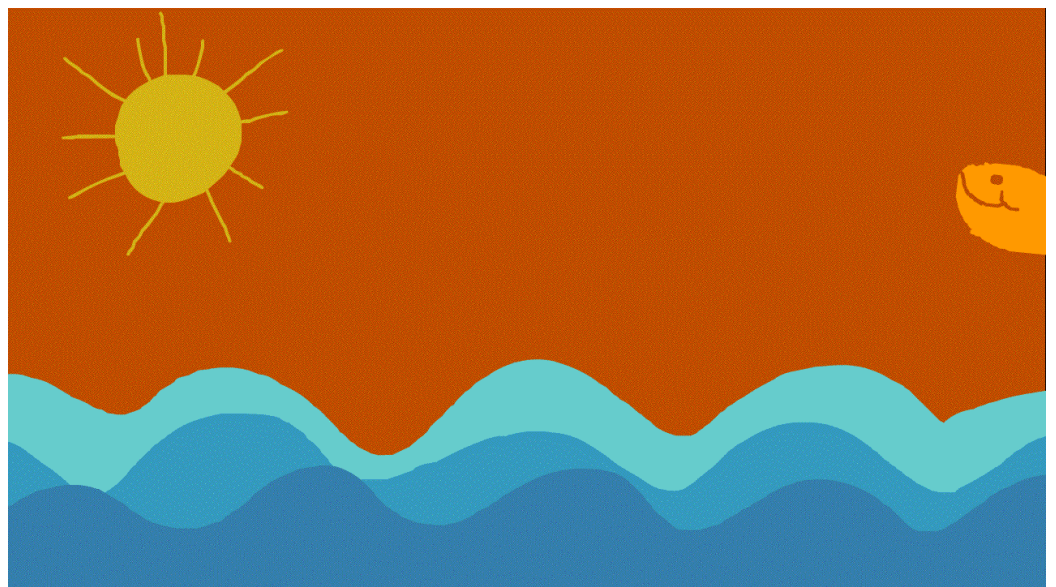
1. In a large bowl, whisk the pudding mixes, milk and extract for 2 minutes. Fold in whipped topping and coconut.
2. Pour into the crust. Sprinkle with toasted coconut. Chill until serving. Yield: 6-8 servings.

Word Find

Goes with “water”

D	R	I	N	K	I	N	G	G	N	I	R	P	S
B	A	T	H	P	S	O	D	E	L	T	T	O	B
F	E	Y	F	O	S	G	F	O	P	O	R	D	C
O	T	C	O	O	E	A	K	R	S	M	C	B	M
U	I	O	O	L	R	W	E	R	A	P	F	O	D
N	H	L	R	L	C	S	H	O	A	O	U	I	A
T	W	D	P	E	I	C	F	I	K	M	I	L	M
A	G	G	E	S	W	L	L	N	G	J	M	I	A
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T	I	B	O	I	N	E	R	T	S	S	O	E	Q
L	E	A	C	U	O	U	R	U	E	T	S	C	G
D	D	E	R	U	T	A	R	E	P	M	E	T	X

BATH	MARK
BED	METER
BOILING	PAIL OF
BOTTLED	POOL
CLEAN	PROOF
COLD	PURIFIED
CRESS	RAIN
DAMAGE	RESISTANT
DRINKING	RUNNING
DRINK OF	SEA
DROP OF	SPOUT
FLOOD	SPRING
FOUNTAIN	TEMPERATURE
GLASS	TOWER
HOT	WAGON
ICE	WARM
JUG	WHITE
LILIES	



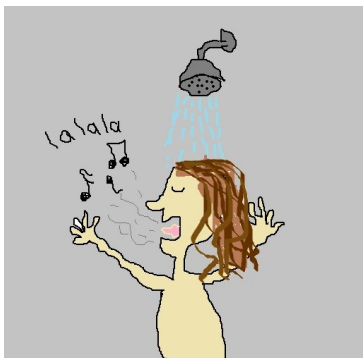


A SMARTER POWER CORD

One of the easiest ways to save money on electricity is to turn off electronics when you're not using them. To make it easier, get a power strip like the SmartStrip, which powers down devices based on one device's usage. For example, when you switch off your computer, SmartStrip will cut the power to your monitor, printer, and scanner as well.



Who Knew?



According to the Wall street Journal, shortening your daily shower by five minutes can save you \$100 per year on water bills.

Have questions on the landfill or recycling?

Do you need someone to come into your classroom and interact with the students? Or maybe someone to come to your Senior Center? Or speak at your meeting? Call 455-6085 to set up a time, day and topic. Topics range from recycling to landfill construction. We also have an edible lab for students! We can schedule a time to have your group tour the Livestock Road landfill and see what happens to your trash. You'll find out why we need to reduce, reuse and recycle what we can.



Have a Happy, Safe Halloween.

We're on the Web
www.campbell.co.va.us & at
www.region2000servicesauthority.org



Campbell County Litter & Environmental Commission

Region 2000 Services Authority Landfill
Livestock Road Facility
361 Livestock Road
Rustburg, VA 24588
434-455-6085
Fax 434-847-1809
Email: ddodd@region2000.org



Join us on Facebook @ VA's Region 2000
Partnership

Want to keep track of happenings in Region 2000?

Join us on Facebook @ **VA's Region 2000 Partnership**. This Facebook page keeps us informed on all of Region 2000's departments/partnerships including recycling and solid waste issues. Stay informed on happenings in the Region 2000 area. It's only a click away. Be sure to "like" our page to receive information as it becomes available. We would love that you "share" the page also.



VA's Region 2000 Partner-
ship



Like